



Cobb County...Expect the Best!

Freeman Poole Senior Center

Ongoing Activities

Seniors (55+) are invited to participate in activities between 8:30am and 4:30pm.

MONDAY THROUGH FRIDAY

8:00 – 8:45 a.m. Poole Pacers (walkers)

8:30 a.m. – 4:30 p.m. Billiards

3:00 – 4:00 p.m. Poole Pacers (walkers)

MONDAY

9:00 -10:15 a.m. Focus on Fitness*

9:30 a.m. – 4:00 p.m. No Trumpers Bridge 2nd & 4th Monday

10:00 a.m. – 1:30 p.m. West Metro GA Ambassadors 2nd Monday

11:30 a.m.- 4:00 p.m. Mah Jongg

1:00 p.m. Mellow Monday Bingo* 4th Monday

TUESDAY

10:30-12:30 Wii Bowling

1:00 p.m. Blood Pressure Check 3rd Tuesday

11:30 p.m. – 4:30 p.m. Canasta

12:30 p.m.- 4:30 p.m. Dominos

2:00 p.m. Friendship Club 3rd Tuesday

WEDNESDAY

9:00 a.m. – 10:15 a.m. Focus on Fitness*

9:30 a.m. – 4:00 p.m. No Trumpers Bridge 1st & 3rd Wednesday

10:30 a.m. – 12:00 p.m. Fun Dancers

11:30 p.m.- 3:30 p.m. Pinochle

12:30 pm – 2:30 p.m. - Covered Bridge Carvers

THURSDAY

10:00 a.m. – 1:00 p.m. Covered Bridge Crafters

10:30 a.m.-12:00 p.m. Chains and Purls

10:30 a.m. Northwest Metro AT &T Pioneers – 4th Thursday

11:30 a.m. Blood Pressure 1st Thursday

12:00 p.m. AARP Chapter #2858 Meeting 1st Thursday

12:00 p.m. – 4:30 p.m. Canasta (Hand and Foot)

FRIDAY

9:00 – 10:15 a.m. Focus on Fitness*

10:00 a.m. -10:30 Ladies Table Tennis

10:30 a.m. – 12:00 p.m. Men's Table Tennis

11:30 a.m. – 3:30 p.m. Pinochle

12:30 p.m. – 4:30 p.m. Crafty Ladies

12:00 p.m. – 4:30 p.m. Bridge 101

** Registration required*

(1.27.10)